

# Lionsview Seniors' Planning Society

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## Media Release

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### Falls Prevention Initiative - Free Home Safety Check for Seniors

#### Did you know...?

- One third of people aged 65 and over will fall each year in Canada
- About \$3 billion a year is spent on medical care for fall related injuries to Canadian seniors
- Almost half of all admissions to long - term care facilities are due to falls
- Most falls occur in seniors' homes, while doing their usual daily activities.

The Lionsview Seniors Planning Society (LSPS) acts as a strong voice for seniors on the North Shore through research, planning and education.

LSPS is conducting a Home Safety Check (HSC) for seniors to teach them how to reduce their risk of having a fall in their home. The HSC is modeled after a similar project in Vernon and Enderby that was developed by the North Okanagan Falls Prevention Program.

The HSC program recruits and trains volunteers to conduct in-home safety checks so that seniors can reduce their risk of falling in their home. Participants are referred to the program by local health care professionals or through self referral. Participants are followed up for three months so that the initial support provided is translated into actual risk reduction.

As a part of this initiative the North Shore Safety Council will be offering a series of free falls prevention workshops to seniors. The focus of these workshops is on providing information about what increases the risk of falling and how to reduce those risks.

The program is free for all seniors living on the North Shore and is funded by the Seniors Fall and Injury Prevention Initiative Vancouver Coastal Health, the Lower Lonsdale Legacy Fund and Living Well 50+.

If you are a senior and are interested in scheduling a free Home Check or if you are interesting in volunteering with the Home Check Program, please call the Coordinator at Lions View Seniors' Planning Society at 604- 985-3853